

Mental Health and Wellbeing (MH&W) Healthy Early Years Award

Example Parent/Carer Questionnaire and guide to support.

As you may know *-------nursery/preschool* are taking part in the HEYA MH&W Award as we feel this is such an important aspect of all our lives. The award covers the MH&W of the children, all staff and parents/carers.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence to adulthood. This also links closely to being physically active and having a healthy diet.

Good mental health allows us to:

* Realise our full potential for learning and development
* Cope with the stresses and problems of life
* Work effectively
* Enjoy being part of our community and make meaningful contributions
* This is an NHS mental health and wellbeing quiz that may be helpful to take before completing this questionnaire <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>

The purpose of this questionnaire is for us to find out how we can best offer help and advice where appropriate to you, your child and your family sometimes by signposting you to specific services or referring with your consent. We see this as a crucial part of our support for your child as we recognise parents/carers are the most important people in their lives and will have the biggest influence on their wellbeing.

Please can you complete as many questions as you feel comfortable with. Your answers are confidential and will only be used to improve the information and help we offer to children and families. We will contact you if you indicate this on the form.

|  |  |  |  |
| --- | --- | --- | --- |
|  | YES/NO | Further information/comments | Would you like someone to contact you about this? |
|  |  |  |  |
| Generally are there: |
| Any issues you feel the setting could assist with regarding your child’s MH&W? |  |  |  |
| Any issues you feel the setting could assist with regarding MH&W for you or within your family? |  |  |  |
| Do you feel this setting deals with MH&W issues well? |  | *(Please say what is currently good and what could be improved)* |  |
|  |  |  |  |
| Would you like information on support available for any of the following?  |
| Housing |  |  |  |
| Worrying child behaviour |  |  |  |
| Financial issues inc. bills |  |  |  |
| Work |  |  |  |
| Benefits |  |  |  |
| Domestic violence |  |  |  |
| Parenting |  |  |  |
| Disabilities |  |  |  |
| Food insecurity |  |  |  |
| Relationships |  |  |  |
| Sleep worries |  |  |  |
|  |  |  |  |
| Are you currently receiving any specific support from your GP / HV /Early Help/ or family hub that you are happy to share? |
| Yes |  |  |  |
| No |  |  |  |
| Do not wish to say |  |  |  |